

<i>MPRD Policies</i>	4
<i>Age Index of Activities</i>	5
<i>Recreation Facilities & Rentals</i>	6-7
<i>Shelters</i>	8
<i>Site Amenities</i>	9
<i>Special Events</i>	10-11
<i>Pool Schedules</i>	12-13
<i>Aquatic Programs</i>	14-15
<i>Athletic Programs</i>	16-17
<i>Cultural Programs</i>	18
<i>General / Senior Programs</i>	19-23
<i>Outdoor Programs</i>	24-27
<i>Wellness Schedules & Programs</i>	28-31

Message from MPRD:

You can't beat fall in Middle Tennessee! The summer was a huge success for MPRD with record turnouts at many of our special events, such as Movies Under the Stars, Barfield Beach Party, and Celebration Under the Stars. As we head into fall, there are all sorts of fun new programs and events with Murfreesboro Parks and Recreation. From hayrides to Halloween carnivals, basic knitting to arts and crafts, and more!

We encourage you to get out this fall and enjoy all that Murfreesboro has to offer. On behalf of Murfreesboro Parks and Recreation Department, we hope you and your family have a Happy Halloween and an abundant Thanksgiving Holiday!





Staff Directory

Administration: 890-5333

Lanny Goodwin, CPRP, Director - lgoodwin@murfreesborotn.gov

Aquatics:

895-5040 or 893-7439

Nate Williams - nwilliams@murfreesborotn.gov

Niki Witten - nwitten@murfreesborotn.gov

Citywide Athletics:

Thomas Laird, 867-4913 - tlaird@murfreesborotn.gov

Dennis Nipper, 907-2251 - dnipper@murfreesborotn.gov

Cannonsburgh Village:

890-0355 - recreation@murfreesborotn.gov

Cultural Arts:

Terry Womack, 893-7439 - twomack@murfreesborotn.gov

Project Gol:

Shelia Hodges, 893-9414, ext. 17 - shodges@mha-tn.org

General / Senior Programs / Special Events:

Marlane Sewell, CPRP, 893-2141 - msewell@murfreesborotn.gov

Greenway & Wetlands:

Angela Jackson, 893-2141 - ajackson@murfreesborotn.gov

Rachel Singer, 893-2141 - rsinger@murfreesborotn.gov

Wilderness Station: 217-3017

Deborah Paschall - dpaschall@murfreesborotn.gov

McFadden Community Center:

C.C. Carr, 893-1802 - ccarr@murfreesborotn.gov

Patterson Park Community Center: 893-7439

Tom Sage, Superintendent - tsage@murfreesborotn.gov

Russell Smith, Operations - rsmith@murfreesborotn.gov

Gernell Floyd, Operations - gfloyd@murfreesborotn.gov

Beth McDaniel, Programs - bmcDaniel@murfreesborotn.gov

Becki Johnson, Programs - bjohnson@murfreesborotn.gov

Chad Hill, Fit/Well - chill@murfreesborotn.gov

Michael Philpott, Athletics - mphilpott@murfreesborotn.gov

Trina Pullum, CPRP, Programs - tpullum@murfreesborotn.gov

Emil Mitchell, Programs - emitchell@murfreesborotn.gov

Sports*Com: 895-5040

Bart Fite, Superintendent - bfite@murfreesborotn.gov

Tommy Gregory, Operations - tgregory@murfreesborotn.gov

Gary Arbit, Athletics - garbit@murfreesborotn.gov

Allison Davidson, Fit/Well - adavidson@murfreesborotn.gov

Marketing / Special Events:

Jeni Brinkman, CPRP - jbrinkman@murfreesborotn.gov

Join our Email Event List!

Sign up at:

www.murfreesborotn.gov/parks



City of Murfreesboro

Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.

Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on our monthly video: MPRD Update, the segment, In the City, as well as on the daily bulletin.



Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.



Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair, Mr. Chris Bratcher, City Council, Mr. Tim Roediger, Ms. Elsie Easter, Mrs. Marilyn Mathis, Mr. Harold Yokley, Mr. Eddie Miller, Vice Chair, Mr. Tim Tipps, Mr. Shane McFarland, City Council, and Mr. Bill Allen (ex officio).

MPRD Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.

Refund Policy

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

Job Opportunities with Murfreesboro Parks & Recreation

Interested in working with us? Please visit our city website: www.murfreesborotn.gov and click on the "Job Listings" section for the latest information about full-time and part-time positions available with Murfreesboro Parks and Recreation.

MPRD Website: www.murfreesborotn.gov/parks



All Ages

Arthropod Squad (a.k.a. Bug Club), 25
 Arts and Crafts, 20
 Backcountry Camping at Barfield Park, 26
 Barfield Halloween Bash, back cover
 Barkaroo, 11
 Columbus Day Family Float, 24
 Detroit Hustle Dance, 30
 Evening H2O Cardio Class, 15
 Fireside Adventure, 26
 Greenway Art Festival, 10
 Group Exercise Classes, 28, 29
 Homework Help, 20
 Martial Arts, 17
 Morning Water Aerobics, 15
 National Public Lands Day, 24
 Old Scream Road, 11
 Puppy Plunge, 10
 Water Exercise Classes, 12, 13
 Wilderness Awareness Workshop, 25

Toddler/Preschool

A, B, C, 1, 2, 3...Let's Go, 19
 American Girl Tea Party, 20
 Book Worms, 19
 Messy Mollies and Marvin's, 19
 Pre-School Gymnastics, 19
 Strollercoaster Mom's Group, 25
 Swim Preschool, 14
 The Rock- Hop Rhythm Band, 24
 Toddler Time with Thomas, 19
 Wild Things, 24

Youth/Teen

4-H with Mr. Shirley, 20
 Academy of Tang Soo Do, 17
 After School Arts and Crafts, 20
 After School Programs, 20
 American Girl Tea Party, 20
 American Red Cross Lifeguard Class, 14
 Babes in Toyland, 18
 Coupon Swap, 21
 Girls on the Go, 16
 Harvest Day & Fiber Festival, 10
 Heart 2 Heart, 20
 Home school P.E., 16
 Library Workshops, 18
 Mumbo Jumbo, 18
 None Like Us, 20
 Patterson Indoor Sprint Triathlon IV, 30
 Scrapbook Club & Creative club, 21
 Spooky Splash, 11
 Swim Academy, 14
 Tai Chi, 30
 Water Polo, 15
 Youth Basketball League, 16



Youth Basketball Open Gym, 17
 Youth Volleyball, 16

Adult

Academy of Tang Soo Do, 17
 Adult Basketball Open Gym, 17
 Coupon Swap, 21
 Healthy Holiday Planning, 30
 Holiday Hold, 30
 Marathon Training, 30

Patterson Indoor Sprint Triathlon IV, 30
 Public Safety Awareness, 21
 Scrapbook Club & Creative club, 21
 Strollercoaster Mom's Group, 25
 Swim Academy, 14
 Tai Chi, 30
 Water Polo, 15

Baby Boomer/ Senior

Beginning Weaving, 23
 BYO Salad Fixings and Cards, 22
 Fish Fry and Card Party, 22
 Halloween Party and Ghost Bingo, 23
 Loomy Birds, Jewelry Girls, & Krafty Kharacters, 22
 Potluck & Bingo, 23
 Senior Citizen's "Day in the Park", 22
 Seniors Crafting, 23
 St. Clair Classics, 23
 St. Clair Street Senior Center Health Fair, 22
 Wild Side BD Party, 22



Patterson Community Center

Reservations & Information: 893-7439

Located at Patterson Park (521 Mercury Blvd.) in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.

Sports*Com

Reservations & Information: 895-5040

Sports*Com is located at McKnight Park (2310 Memorial Blvd.) in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, game room, meeting room, 25-yard indoor pool, 50-meter outdoor pool, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.



Admission & Passes

	Daily	30 Visits	Monthly	Yearly	Family*
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00

First fee listed is Adults and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).

Premium Pass:

Includes admission to both PPCC and Sports*Com, pool, all areas of the center, including racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

General Pass:

Includes admission to both PPCC and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes or racquetball courts.

*Family Pass:

The 90-day family pass includes general admission privileges and the yearly family pass includes premium pass privileges & Tot Watch. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

Monthly = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue.

Yearly = Twelve months from date of issue.

Tot Watch

Available at Sports*Com & Patterson Community Center for ages 6 months - 7 years.

Cost: Premium Yearly / Monthly Pass Holders: \$1.00/child

General Pass Holders, Premium 30-visit pass holders or daily admission: \$3.00/child

Note: Tot Watch is included in the Family Yearly Premium Pass only.

Cannonsburgh Village

Reservations & Information: 890-0355

Cannonsburgh Village is located on 6 acres at 312 South Front Street. This example of a rural southern village is indicative of pioneer villages of the 1800s. The village consists of: the Visitor Center, gristmill, 1800s residence with dogtrot, the Leeman House, Art League and Diorama, L&N Caboose, and the Williamson Chapel. The grounds, chapel, Leeman House and gazebo are available for rental.

Cannonsburgh Hours:

Tuesday - Saturday: 10:00a.m.-5:00p.m.

Sunday: 1-5:00p.m.

Closed on Mondays - Grounds open all year



Wilderness Station

Reservations: 217-3017

Located in the Barfield Crescent Park (697 Barfield Crescent Road), the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs based on staff availability.

Hours: Sunday - 12 - 8p.m.

Monday-Saturday: 8a.m. - 8p.m.

Call us for November hours.



McFadden Community Center

Reservations: 890-5333

The McFadden Community Center is on 3 acres located at 211 Bridge Avenue. The McFadden Community Center includes a gymnasium, outdoor playground, community room, game room, arts and crafts room and is the home of the Bradley Nursery School and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays.

Hours: Monday-Friday 3-8p.m.



Visit

www.murfreesborotn.gov/parks
for more information!

Siegel Park

Reservations: 890-5333

The community park area at Siegel is located at 515 Cherry Lane. There are 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April-October. Restrooms are open year-round.

Shelter No. B	Seats Approx. 30
Shelter No. C	Seats Approx. 30
Shelter No. A	Seats Approx. 75

Barfield Crescent Park

Reservations: 890-5333

Barfield Crescent Park is a 430-acre +/- community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, a frisbee (disc) golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between #5 and #7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October, with pavilions 3,4,9 and 10 available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4,9,10	Seat Approx. 24 each

New! Gateway Island & Trail

Reservations: 890-5333

This latest addition to the Murfreesboro Greenway System showcases a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local business. Reception Center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.



General Bragg Trailhead

Reservations: 890-5333

The General Bragg Trailhead is located at 1450 W. College Street. Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restroom is attached to the shelter.

1 Picnic Shelter	Seats Approx. 45
------------------	------------------

McKnight Park

Reservations: 890-5333

McKnight Park is an 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

1 Picnic Shelter	Seats Approx. 80
------------------	------------------

Patterson Park

Reservations: 893-7439

Patterson Park consists of 10 acres and a 110,000 square foot facility located at 521 Mercury Blvd. The small shelter is first-come, first-serve. The large shelter is available for rental; please call 893-7439.

Large Shelter	Seats Approx. 100
Small Shelter	Seats Approx. 50

Rogers Park

Reservations: 890-5333

Rogers Park is a 7.5-acre park located at the end of Hunt St. (1115 Hunt St.). The facility includes: a picnic shelter with restrooms and picnic tables, an octagon-shaped picnic shelter with tables, two tennis courts, two basketball courts, a walking/jogging track, a playground and an open play field. Both shelters are available daily for rentals, April-October. Restrooms closed November-March.

Shelter No. 1	Seats Approx. 80
Shelter No. 2	Seats Approx. 45

Old Fort Park

Reservations: 890-5333

Old Fort Park is a 50-acre community park located at 1024 Golf Lane. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, concessions with bike and tennis rentals, 8 tennis courts, greenway access and open play space. Restrooms are located at shelter #3. Shelters are available daily for rental. Picnic tables without shelters located throughout the park are first-come, first-serve.

Shelters No. 1, 2	Seat Approx. 80 each
Shelter No. 3	Seats Approx. 120

Locations: 890-5333	City of San Jose Parks & Recreation Department																					
	Baseball / Softball Fields	Basketball	Camping	Bike Path	Fitness Center	Fishing	Concessions	Greenway Access	Hiking / Jogging	Horseshoes	Room Rentals	Picnic Shelter	Picnic Area	Playground	Racquetball	Canoe / Kayak Access	Soccer	Restrooms	Swimming	Tennis	Volleyball	
Patterson Park & Community Center		■			■						■	■			■			■			■	
Sports*Com / McKnight Park	■	■									■	■						■		■		
McFadden Community Center		■									■							■				■
Wilderness Station			■			■			■			■	■		■			■	■			
Cannonsburgh Village											■		■		■				■			
Barfield Crescent Park	■	■	■	■		■			■			■	■	■	■			■	■			■
Bark Park - Off-leash dog park																						
Jaycees Mini-Park																						
Oaklands Park	■														■			■				■
Rogers Park		■										■	■	■				■	■		■	
Old Fort Park	■			■				■				■						■	■		■	■
Siegel Soccer & Community Park		■									■	■	■	■			■	■				■
Walter Hill Park						■							■									
West View Mini-Park		■										■		■								
Murfree Spring Wetlands				■					■									■				
Thompson Lane Trailhead						■												■				
Broad Street Trailhead						■			■													
General Bragg Trailhead				■		■		■	■			■	■	■				■	■			
Manson Pike Trailhead				■		■		■	■									■	■			
Redoubt Brannan Trailhead				■		■		■	■													
Old Fort Park Trailhead				■				■	■			■		■				■			■	
Fortress Rosecrans Trailhead				■		■		■	■													
Overall Street Trailhead				■				■	■													
Cannonsburgh Trailhead				■				■	■									■				

The Friends of the Greenway presents:

Greenway Art Festival

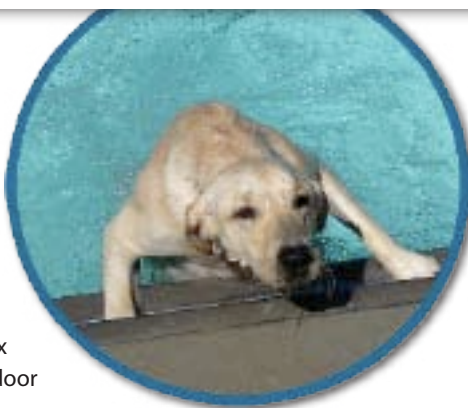
A gathering of the finest artisans in Tennessee! Artists will be displaying and selling their works along the trail: oils, acrylics, watercolors, pottery, silversmithing, sculpture, glass, and more. Trilside music, food vendors, and activities for children will make this an artistic outing for the whole family. Artists: This is a juried festival. Please contact us for an application.

Ages: All
 Date: Saturday, September 19, 2009
 Time: 10:00 a.m. to 4:00 p.m.
 Location: Thompson Lane Trailhead (2240 North Thompson Lane)
 Murfreesboro Greenway System
 Fee: Free to attend. Note: most artists cannot take credit cards.
 Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov



Puppy Plunge

It is getting a little chilly and the outdoor pool is getting cooler. You may not have the urge to swim but your four-legged friend does. Give Spot the opportunity to swim and relax in the Sports*Com outdoor pool.



Ages: All Ages (Both Human & K-9)
 Date: September 19, 2009
 Day: Saturday
 Time: 10:00 a.m. – 12:00 p.m.
 Location: Sports*Com Outdoor Pool
 Fee: \$3 per family
 Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Spooky Splash!

Come join us at the pool for a spookin' good time! There will be open swim, craft time, pizza, and pudding surprise. Make sure you are ready to find what might be hidden in the pudding and come prepared to leave your hand print in the sinking sand...just be sure to not get trapped in it!

Ages: 7 -13
 Date: October 16, 2009
 Day: Friday
 Time: 6 p.m. -10 p.m.
 Location: Patterson Park Pool
 Fee: \$5.00 per child
 Contact: Niki Witten – 615-893-7439 nwitten@murfreesborotn.gov

Fall Harvest Hayride

HAYRIDES - LIVE MUSIC – CAMPFIRE – HOTDOGS – CHILDREN'S ACTIVITIES – HOTDOGS, MARSHMALLOWS, AND MORE!

Join the Friends of the Greenway and Murfreesboro Parks and Recreation Department for this 12th annual event. Old-fashioned entertainment that is fun for the whole family.

Ages: All
 Date: Friday, October 9
 Time: 5:00 p.m. to 8:00 p.m.
 Location: General Bragg Trailhead, 1540 West College Street
 Fee: \$2 per person, ages 2 and under are free.
 This includes a hayride and marshmallows,. Food sold separately.
 Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov



ATTENTION: VOLUNTEERS NEEDED FOR HALF MARATHON

We need your help! Support your fellow 'Boro citizens as they run/walk the scenic half marathon course on Saturday, October 3. Visit www.middlehalf.com for volunteer sign-up information!

Harvest Day & Fiber Festival

Come and celebrate the 33rd Annual Harvest Day & Fiber Festival and the arrival of fall with old-time music, clogging and traditional fiber artists.

Ages: All ages
Date: October 24, 2009
Day: Saturday
Time: 10:00a.m. – 5:00p.m.
Location: Cannonsburgh Village
Fee: Free admission
Contact: Debbie Moore 615/890-0355 / dmoore@murfreesborotn.gov

Frozen Toes-ens for the Holidays

It's **Movies Under the Stars** for the holidays! Bring your lawn chairs, blankets, hats & mittens to watch this holiday movie.

We will have hot chocolate and popcorn to purchase.

Ages: Families
Date: December 5, 2009
Day: Saturday
Time: 6:00 p.m.
Location: Cannonsburgh Village in front of the Welcome Center
Fee: none
Contact: Marlane Sewell, 893-2141 or msewell@murfreesborotn.gov



The Middle TN Dog Festival barkaroo

Saturday, November 7, 2009 • 10am-2pm

*Mr. & Miss Barkaroo
Owner-Dog Look-a-Like*

Best Dressed

Best Trick

Mutt Market

Dog-Gone-Walk-a-Thon

*Murfreesboro Bark Park
1526 W. College Street
Free to All Canines & Public!*

www.barkaroo.com



See back cover for our annual Barfield Halloween Bash!

Patterson Park Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	9a.m.-12p.m.	N/A
Anchored Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks n' Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
New! H2O Cardio Class	5:30-6:30p.m.	N/A	5:30-6:30p.m.	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-7p.m.** / 7-8:45p.m.	10a.m.-12:45p.m. / 2-7p.m. / 7-8:45p.m.	10a.m.-12:45p.m. / 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m.	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 12)	4-7p.m.	N/A	N/A	9a.m.-12p.m.	N/A

*Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

**Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class. Perfect for the beginner or a back-to-fitness exerciser.

New! H2O Cardio Class:

It is a low impact, fast paced class aimed to up your heart rate up and burn those calories off. Don't be fooled though, after your cardio section there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows.



Sports★Com Indoor Pool Schedule

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m. / 11a.m.-1p.m. / 3-6p.m. (1 lane)	6-8a.m. / 11a.m.-1p.m. / 3- 6p.m. (1 lane)	8a.m. - 12p.m.	N/A
Shallow H2O Exercise	8-9a.m. / 6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O Exercise	10-11a.m.	9-10a.m. / 4:30-5:30p.m. / 6-7p.m.	8:30-9:30a.m.	N/A
Toning	N/A	5:30-6:00p.m.	N/A	N/A
Individual Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Open Swim	3-6p.m. / 7-8:45p.m.	7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals 895-5040	N/A	N/A	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Academy (See page 12)	N/A	4-6p.m.	9a.m. - 11a.m.	N/A

Shallow H2O Exercise:

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints:

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise:

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning:

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.



ing

American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites: 500 yd Swim & 20 yd brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +
 Dates: September 24 – 27, 2009
 Days: Thursday, Friday, Saturday, and Sunday
 Times: Thurs & Fri: 5:00 p.m. – 9:00 p.m., Sat: 8:00 a.m. – 5:00 p.m., & Sun: 1:00 p.m. – 5:00 p.m.
 Location: Sports*Com
 Fee: \$145
 Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov
 **Registration is required.

Swim Academy

Stop procrastinating - It is time to get your kids in swim lessons! Fall is the perfect time to improve your child's swimming skills. Whether your child is scared of the water or is preparing for a summer swim league, we proudly offer a wide array of lessons for most ages. All fall Swim Academy lessons take place in Sports*Com's heated indoor pool. Adult lessons are also available! Please call for more information.

Ages: 5-12 & 18+
 Dates: Tuesdays & Thursdays: September 1 – 17
 Saturdays: September 5 – 26
 Tuesdays & Thursdays: September 29 – October 15
 Saturdays: October 3 – 24,
 Tuesdays & Thursdays: October 27 – November 12
 Saturdays: October 31 – November 21
 Times: T&TH - Classes are between 4-6p.m. based on level - 6 classes/30 minutes
 Sat - Classes are between 9-11a.m. based on level - 4 classes/45 minutes
 Location: Sports*Com Indoor Pool
 Fee: \$60.00
 Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov
 ** Registration is required.

Swim Preschool

Even though summer has come and gone water safety should still be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime. Our classes are based on the American Red Cross learn-to-swim program and taught by certified Water Safety Instructors.

Ages: 6 months to 4 years
 Dates: Mondays & Wednesdays: August 31 – September 16
 Saturdays: September 5 – 26
 Mondays: September 28 – October 14
 Saturdays: October 3 – 24,
 Mondays & Wednesdays: October 26 – November 11
 Saturdays: October 31 – November 21
 Times: M&W - Classes are held between 3:50-7:00p.m.
 SAT - Classes are held between 8:00a.m.-12:00p.m.
 Location: Patterson Park Community Center
 Fee: \$60.00
 Contact: Niki Witten – 615-893-7439, nwitten@murfreesborotn.gov
 ** Registration is required.

Fall is the
best time
to learn to
swim!



Morning Water Aerobics

If you're looking for a great way to get in shape this fall and a great way to have fun at the same time, then join us for a water exercise class. Whether you are a fit being, looking for a challenge, recovering from a surgery or suffering from arthritis, we have something for you. The 8 am class is an intense workout that will get your day started off right. The 9am class will soothe your joints and inspire you to spend more of your mornings in the pool because of how good you will feel afterwards!

Ages: All
Days: Monday – Friday
Time: 8 a.m. & 9 a.m.
Location: Patterson Park Pool
Fee: \$4.00 or premium pass
Contact: Niki Witten – 615-893-7439, nwitten@murfreesborotn.gov

NEW Evening H2O Cardio Class

This class is for the working people of Murfreesboro! It is ideal for those just getting off work and ready to work out the stress of the day. It is a low impact, fast paced class aimed to up your heart rate and burn those calories off. Don't be fooled though, after your cardio section there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows. It truly is a great way to get or stay in shape that is a bit out of the norm!

Ages: All
Days: Monday, Wednesday & Friday
Time: 5:30 p.m. - 6:30 p.m.
Location: Patterson Park Pool
Fee: \$4.00 or premium pass
Contact: Niki Witten – 615-893-7439, nwitten@murfreesborotn.gov

Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool.

Ages: 13+
Day: Tuesdays
Time: 7:00 p.m. – 8:45 p.m.
Location: Sports*Com Indoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Topic of the Season: What is the difference between shallow and deep water exercise? Is one more difficult than the other?

In shallow-water aerobics, you stand in waist to chest-deep water. Typical moves include many that are familiar to studio-aerobics, such as marching, stretching, circling your arms, bending your knees and swinging your legs.

A deep-water workout, on the other hand, is done in water over your head. A flotation device is worn to keep your head above water and your body upright. Jumping jacks, jogging, cycling or cross-country skiing actions are all features of deep-water workouts. These can be more difficult than shallow-water ones as they put more demands on both your cardiovascular system and your balance.





Youth Basketball League

Registration for the Murfreesboro Parks and Recreation Youth Basketball League begins in October.

Ages: 5 - 15 (as of December 31, 2009) Proof of age required.
Fee: \$40.00 per player.
Sign-ups: Saturdays, October 31, November 7 & 14
 10 a.m. - 1 p.m. @ Sports*Com and Patterson Park Community Center.
 Weekdays, October 26 - November 13
 @ Sports*Com, 8 a.m. - 8 p.m. & Barfield Main Office, 8 a.m. - 4 p.m.

Coaches / Sponsors: Sign-ups for coaching and team sponsorship will also be taken during the above basketball sign-up dates. All coaches must submit to a background check performed by the Murfreesboro Parks and Recreation Department.

Sponsorship Fee: \$115 per team. If you or your business would like to sponsor a team or if you need additional information, please contact Gary Arbit at 895-5040 or Thomas Laird at 867-4913.

Homeschool P.E.

Homeschool P.E. is for children from 1st - 9th grade to participate in physical education activities. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times.

Ages: 1st - 9th grade
Date: Beginning August 17 - December 17, 2009 (No program November 16-20)
Day: Monday, Tuesday, Wednesday and Thursdays
Time: 1 pm - 2 pm
Location: Patterson Park Community Center
Fee: \$3 per child or Premium Admission
Contact: Mike Philpott @ 893-7439, ext. 18, or e-mail mphilpott@murfreesborotn.gov

"Girls on the Go!"

This program is designed for girls to help build character through teaching nutrition, running techniques, as well as, solid social and personal skills. Proper exercise attire and running shoes are needed.

Ages: 8 - 14
Dates: November 2 - December 16, 2009 (No Program November 16 & 18)
Days: Mondays and Wednesdays
Time: 4:30 p.m.
Location: Patterson Park Walking Track
Fee: Premium pass or \$3.00
Contact: Becki Johnson 893-7439x13 or e-mail bjohnson@murfreesborotn.gov

Youth Volleyball

Bump, set and spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills.

Ages: 11 - 18
Dates: Thursdays
Time: 4:30 to 6:00 p.m.
Location: Sports*Com
Fee: \$3 per visit
Contact: Thomas Laird - 615-867-4913 / tlaird@murfreesborotn.gov
 Classes are scheduled around City School calendars.
 No classes will be held when school is out.

Homeschool P.E.—8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal cardiovascular programs.

Ages: 13 to 17
Date: Session 1: Sept. 8-Oct. 15
 Session 2: Oct. 20-Nov. 19
Day: Tuesdays and Thursdays
Time: 1:00-1:45p.m.
Location: Sports*Com Weight Room
Fee: \$50 per session--Students must preregister by one week before chosen session. Space is limited.
Contact: Allison Davidson, 895-5040

Good
to Know!

Your child must be between the ages of 5-15 as of December 31, 2009 to be eligible for the Youth Basketball League. Proof of age is required at registration.

Adult Basketball Open Gym

Get in shape and have fun at the same time. Join other adults in full court 5-on-5 pick games.

Ages: 16 and up
Date: September-November
Day: Mondays and Wednesdays
Time: 5:00 p.m. - 8:00 p.m.
Location: McFadden Community Center
Fee: Free
Contact: Tori Anderson, 893-1802

Youth Basketball Open Gym

Do you want to learn how to become a better basketball player? Come play 5-on-5 with us, or let us help you get better.

Ages: 7-15
Dates: September- November
Days: Mondays and Fridays
Times: 3:00p.m. - 5:00p.m.
Location: McFadden Community Center
Fee: Free
Contact: C.C/Tori Anderson, 893-1802

Academy of Tang Soo Do

Traditional, self-defense, exercise control... Taught by Master Instructors Butch Voss & Mike Voss - 4th Degree Black Belts and Roger Smith - 3rd Degree Black Belt

Ages: 5 years and up
Location: Sports Com
Days & Times: Monday & Wednesday, 5:30-6:30pm & Friday, 6:00-7:00pm
Fee: Call for information (First Week of Classes Free)
Contact: 615-830-5202

Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages: All
Dates: Ongoing
Days: Tuesdays, Thursdays and Saturdays
Time: Tuesday and Thursday 7:30 pm-8:30 pm and Saturday 10:00 am-11:00 am and 11:00 am -12:00 pm
Location: Patterson Park Exercise Studio
Fee: \$50.00 / month
Contact: Bryan Todd @ 584-1024

Why Homeschool P.E.?

"Physical education plays a critical role in educating the whole student. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful."

-National Association for Sport & Physical Education



Sunshine Players

Murfreesboro Parks and Recreation Department's Sunshine Players is a teaching theatre, celebrating its 20th Anniversary for children and youth ages 4-17. They produce six plays per season.

The Sunshine Players is a membership group with a, once a fiscal year, fee of \$30.00. This fee helps offset the costs of producing theatre – sets, props, costumes, space, staff and marketing. It also allows the member to receive free acting lessons, a season t-shirt and discount tickets to shows they are not participating in.

Sunshine Player juniors are ages 4-10 and have at least two shows geared towards their age group. Sunshine Player seniors are ages 11-17 and are eligible to audition for five productions. For more information, please email twomack@murfreesborotn.gov.

Mumbo Jumbo

College boys Dick and Peewee arrive at Dick's uncle's country house. The boys are on a mysterious mission and are not dismayed when they learn Uncle John has been called away to a funeral. When the boys find all their money has disappeared, they decide to turn the place into a hotel. Soon they have a house full of ill-assorted guests. When one of the guests is slain, they find they have two sheriffs in charge of the investigation for the house is built on the county line placing the evidence in one county and the corpse in the other.

Production: Friday and Saturday

October 2 & 3 at 7:00PM & Sunday, October 4 at 2:00PM

Location: The Theatre at Patterson Park

Fee: (Tickets - Adults, \$7.50 / Seniors & Youth, \$6.00)

Contact: Terry Ann Womack – 615-893-7439 / twomack@murfreesborotn.gov

Babes in Toyland

Remember the wonderful Victor Herbert music? Remember the lyrics? "Toyland, toyland, little girl and boy land." There are wonderful roles for everyone: Mary, Mary, Quite Contrary; Tom-Tom, the Piper's Son; Jack and Jill; Little Miss Muffet; Wicked Uncle Barnaby who runs the toy shop (and his comic-ruffian assistants, Roderigo and Gonzorgo) and can turn children into dolls and sell them for gold; and lovable Jane and Alan who are his next victims. Open to ages 4-17.

Auditions: October 11 (2:00-4:00PM), October 12 (6:00-8:00PM)

Production: Friday and Saturday - December 4 & 5 at 7:00PM & Sunday, December 6 at 2:00PM

Location: The Theatre at Patterson Park

Fee: Participants: Sunshine Players Membership

Patrons: Tickets - Adults, \$7.50 / Seniors & Youth, \$6.00

Contact: Terry Ann Womack – 615-893-7439 / twomack@murfreesborotn.gov

Library Workshops

This program is a hands-on arts and crafts activity for youth ages five to seven. Due to space and materials, the workshop is limited to 12 paid participants. A minimum of 4 paid participants is required to hold the class. Registration and the fee are due on the Wednesday prior to the Saturday workshop. If we are unable to hold the workshop, the preregistered participants will be contacted and fees returned. If you cancel your spot, your fee is forfeited, as we buy supplies based on the number of registered participants.

Ages: 5 - 7

Date: September 12, 2009 – Leather

October 10, 2009 – Leaf Prints

November 14, 2009 – Mosaics

Day: 2nd Saturday of every month

Time: 10:30 a.m. – 12:00 noon.

Location: Linebaugh Library Children's Area

Fee: \$4.00 / due on the Wednesday prior to the Saturday workshop.
Register at the library.

Contact: Terry Ann Womack – 615-893-7439 / twomack@murfreesborotn.gov

Cannonsburgh Village . . .

The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN. Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and period gifts.

Village and Office Hours: Open Tuesday through Saturday, 10 a.m. – 5 p.m. Sunday, 1 p.m. – 5 p.m. Closed Monday. Grounds are open all year.

The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Tuesday through Saturday, 10 a.m. – 5 p.m. for rental fee and day/time availability at 615/890-0355.



Preschool Gymnastics

This program is a great way for children ages 3 – 5 to learn the basics of gymnastics. In these classes they will learn balance, hand-eye coordination, fitness, and beginner level gymnastics skills.

Ages(s): 3-5
 Date: September 8 – November 12, 2009
 Day: Tuesdays or Thursdays
 Time: 9:00 a.m. - 9:45 a.m.
 Location: Patterson Park Adult Gym
 Fee: Call for fee information - Preregistration is required – Space is limited!
 Contact: Becki Johnson, 893-7439, or e-mail bjohnson@murfreesborotn.gov

Toddler Time with Thomas

Little kids love to play and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and of course FUN.

Ages: 5 and Under
 Dates: Fridays
 Time: 10 a.m.
 Location: Sports*Com
 Fee: \$3 per visit
 Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

Book Worms

Preschool age children and their parents visit different stations for a yummy snack craft, an art craft and a story/cuddle time in the MHL Library. Each month is based on a selected children's book or theme.

Ages: 3-5 years
 Day(s): 2nd Thursday of each month
 Dates: September 10, October 8, November 12, 2009
 Time: 10:00-11:00a.m.
 Location: Patterson Community Center-MGL Library
 Fee: Free with premium pass or \$3.00 (Registration required)
 Contact: Trina Pullum, 893-7439, or e-mail tpullum@murfreesborotn.gov

Tumbleweeds

Kids learn the basic techniques of tumbling, along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot - space is limited!

Ages: 2-5 years
 Day: Mondays & Wednesdays
 Time: 10:30-11:15 a.m.
 Location: Sports*Com
 Fee: \$3.00 or premium pass. Preregistration is required.
 Contact: Allison Davidson, 895-5040

Messy Mollies and Marvins

Messy Mollies and Marvins is a weekly art and craft class for toddlers and young children, providing an ideal opportunity to learn and explore through "messy play." Discover new ways to make a mess and Mom doesn't have to clean up!

Ages: 2-5 years
 Day(s): Every Friday
 Dates: September-November 2009 (No program November 20)
 Time: 11:00-11:45a.m.
 Location: Patterson Park Community Center
 Fee: Free with premium pass or \$3.00 (Registration required)
 Contact: Trina Pullum, 893-7439, or e-mail tpullum@murfreesborotn.gov

A, B, C, 1, 2, 3... Let's Go

New Evening Class! This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, a story, short lesson (letter or number), and do a craft! Hold on because this program moves fast (almost as fast as your toddler does)!

Ages: 2-5 years
 Day(s): Tuesdays & Thursdays: 10-10:45a.m.
 Wednesdays: 6-6:45p.m.
 Dates: September-November 2009 (No program November 17 & 19)
 Location: Patterson Park Community Center
 Fee: Free with premium pass or \$3.00 (Registration required)
 Contact: Trina Pullum, 893-7439, or e-mail tpullum@murfreesborotn.gov

Busy Bees

This great toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Call ahead to reserve your spot!

Ages: 3-5 years
 Days: Tuesdays & Thursdays
 Time: 10:45-11:15a.m.
 Location: PPCC Aerobics Room
 Fee: \$3.00 or premium pass
 Contact: Chad Hill, 893-7439



American Girl Tea Party

Every little girl loves to have tea parties with her favorite friends. Is your American Girl doll your favorite friend? Enjoy a cozy cup of tea and activities with your American Girl doll or other special doll. Come dressed in your favorite tea attire. Don't forget grandmother's hat and pearls.

Ages: 3-8
 Day(s): Saturday
 Dates: November 7, 2009
 Time: 11:00 a.m. - 12:00 noon
 Location: GED Room
 Fee: \$3:00/child (Registration required)
 Contact: Trina Pullum, 893-7439, or e-mail tpullum@murfreesborotn.gov

After-school Programs

Patterson Park Community Center offers a wide variety of after-school programs during the week. For more information and for a monthly schedule, please contact Emil Mitchell.

Ages: 8-14
 Day(s): Monday – Friday (No programs November 16-20)
 Time: 3:00 – 7:00 p.m.
 Location: Patterson Park Community Center
 Fee: Free with general pass or \$2.00
 Contact: Emil Mitchell, 893-7439, or e-mail emitchell@murfreesborotn.gov

After-school Arts and Crafts

What are we making today? Join Mrs. Trina after school to make a variety of cool projects including making jewelry, soap, candles, edible crafts, and even crafts from recycled items.

Ages: 8-12
 Day(s): Wednesday and Friday (No program November 18 & 20)
 Time: 4:00 – 5:00 p.m.
 Location: Arts and Crafts Room
 Fee: \$2:00/child (Registration required)
 Contact: Trina Pullum, 893-7439, or e-mail tpullum@murfreesborotn.gov

4-H with Mr. Shirley

Michael Shirley of the Rutherford County Extension Service will lead youth in various educational programs based on science, engineering and technology. Such classes will include food science, clothing textiles, bridge building and GPS location.

Ages: 8 – 15 years of age
 Day(s): Second and third Thursday of each month
 Dates: Beginning September 10 (No class on Nov. 19)
 Time: 3:00-4:00 p.m.
 Location: PPCC Arts and Crafts Room
 Fee: Free
 Contact: Trina Pullum, 893-7439, or e-mail tpullum@murfreesborotn.gov

None Like Us

Young men, this is a program just for you! This unique mentoring program is led by volunteers Shawn Moses and Bryant Smith. Enjoy engaging in games and activities which focus on building self-esteem, honesty, responsibility, conflict resolution, making better choices and building positive relationships.

Ages: 8-18 years
 Day(s): 2nd and 4th Mondays
 Dates: September, October, November (No class on Nov. 19)
 Time: 4:00 – 6:00 p.m.
 Location: Patterson Park Community Center
 Fee: Free
 Contact: Trina Pullum, 893-7439, or e-mail tpullum@murfreesborotn.gov

Heart 2 Heart

Kita Moses leads this all girl interactive program. Girls ages 8-16 meet twice a month for activities and to discuss issues that tween/teen girls face every day. Some topics include self-image, self esteem societal expectations, relationships, health and hygiene, education, problem solving, career exploration, and goals for the future.

Ages: 8-15 years
 Day(s): 2nd and 4th Mondays
 Dates: September, October, November (No class on Nov. 19)
 Time: 4:00 – 6:00 p.m.
 Location: Patterson Park Community Center
 Fee: Free
 Contact: Trina Pullum, 893-7439, or e-mail tpullum@murfreesborotn.gov



Scrapbook & Craft Club

Scrapbookers: Turn your pictures into meaningful photo albums, create greeting cards, or whatever catches your fancy! We will provide some basic tools and some tools to try out, such as, our embossing Colorizer. You may wish to bring some of your own supplies, as well. **Crafters:** Bring your favorite craft and grab some valuable creative time!

The club will not be instructor-led; however, you will receive template ideas and a simple project with easy to follow instructions. This is a great opportunity to meet new friends who share your love of scrapbooking and crafts. We will also have door prizes! Please call Becki Johnson @ 893-7439 x 13 to pre-register.

Ages: 16+ or (12 an older accompanied by an adult)
 Dates: September 18, October 16, and November 13, 2009
 Days: Fridays
 Time: 6:00 - 9:00 p.m.
 Location: Patterson Park Meeting Room
 Fee: Premium pass or \$3.00
 Contact: Becki Johnson, 893-7439, x13 or e-mail bjohnson@murfreesborotn.gov



Sunday Series of FUN

It's going to be fun on Sunday afternoons!

September is a craft from the past: Shrinky Dinks We'll bring all the supplies you need. October will be Halloween Carnival time; help us make decorations for the Halloween Barfield Bash and one for yourself! Don't wear your Sunday best, "cause we'll be messy! November begins the holiday season and we are making presents early. Bring a packet of beads that you like and we'll bring the fasteners, tools, and more beads.

Ages: Families (including single parents, and extended families)
 Date: September 13, 2009; October 18, 2009; November 22, 2009
 Day: Sundays
 Times: 2:00 - 4:00 pm
 Location: Old Fort Park Pavilion #3 in September & October; November at Patterson Community Center
 Fee: A bag of non-perishable food items per family
 Contact: Marlane Sewell, 893-2141 or msewell@murfreesborotn.gov



Public Safety Awareness

Sgt. Melvin Cunningham from MPD and representatives from other emergency agencies will offer tips for your personal and home safety. Bring those questions you always wanted answered.

Ages: Adults
 Dates: Thursday - September 24, October 29
 Time: 6:30-7:30 PM
 Location: Room A
 Fee: Free
 Contact: Trina Pullum 893-7439

Coupon Swap

Need to save money? Want to shop smarter? Then come in and exchange coupons for groceries with other participants. Participants can barter for coupons they really need or want with coupons that they have. There will be some restrictions such as no alcohol or tobacco coupons and no gift cards. Come with a load of coupons and plan to leave with ones that you need and will even use!

Ages: 16+ or (12 an older accompanied by an adult)
 Dates: September 11, October 9
 Days: Fridays
 Time: 6:00 - 7:00 p.m.
 Location: Patterson Park Meeting Room
 Fee: Free
 Contact: Becki Johnson, 893-7439, x13 or e-mail bjohnson@murfreesborotn.gov

Loomy Birds, Jewelry Girls, & Krafty Kharacters

We've expanded to include rug makers, loom and needle knitters, crocheters, bracelet and earring makers, and any other Krafty work. Bring your current project along, or come prepared to learn a new craft. Participants help each other.

Ages: 60+ years
 Dates: Every Wednesday September 2 thru Nov 25, 2009
 Days: Wednesdays
 Time: 1:30 – 3:30 pm
 Location: St. Clair Street Senior Center
 Fee: None
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

BYO Salad Fixings and Cards

It's make your own salad...

We'll bring the lettuces and salad dressings, the St. Clair staff will bring the bowls, salad cheeses, and drinks. Please bring a salad item to feed 12 to 15 people. Dinner begins at 5:30 p.m. with card playing beginning around 6:30 p.m.

Ages: 60+
 Date: September 3, 2009
 Day: Thursday
 Time: 5:30 to 9:30 p.m.
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Admission: Salad fixings for 12 to 15 people (tomatoes, onions, olives, eggs, Garbonzo beans, sprouts, carrots, cucumbers, etc., or bring your own speciality salad.
 Register: 848-2550
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Wild Side BD party

We're celebrating everyone's birthday. Come celebrate your birthday in 2009; we'll be a little on the wild side. Call 848-2550 to reserve your space.

Ages: 60+
 Date: September 9, 2009
 Day: Wednesday
 Time: 1:00 to 3:00 p.m.
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Admission: None
 Register: 848-2550
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov or Brenda Elliott, 848-2550, or bellott@murfreesborotn.gov

St. Clair Street Senior Center Health Fair

Visit the MPRD booth at the St. Clair health fair and learn what our department provides to help keep you well, fit, and having fun!

Ages: 60+
 Date: September 22, 2009
 Day: Tuesday
 Time: 9:00 to 11:00 a.m.
 Location: St. Clair Street Senior Center, 325 St. Clair Street; 848-2550
 Fee: None for our information
 Contact: MPRD: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov
 Health Fair: Lisa Foster, 848-2550, or lfoster@murfreesborotn.gov

Senior Citizen's "Day in the Park"

We're going outside to enjoy the park. Games, activities, arts and crafts, water balloons, and more! Make your reservation by calling St. Clair Senior Center, 848-2550; sign up for lunch at the same time. Lunch provided by Mid-Cumberland Nutrition. Deadline is Wednesday, September 23, 2009.

Ages: 60+
 Date: October 2, 2009
 Day: Friday
 Time: 10:00 a.m. to 2:00 p.m.
 Location: Barfield Crescent Park
 Fee: None - Registration required and includes lunch: call 848-2550
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Fish Fry and Card Party

We'll fry the fish; you bring the dish. A side dish that is; salad, vegetable, dessert, or fruit for 10. Dinner begins at 5:30 p.m. with card playing beginning around 6:30 p.m.

Ages: 60+
 Date: October 16, 2009
 Day: Friday
 Time: 5:30 to 9:30 p.m.
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Admission: Salad, vegetable, dessert or fruit for 10.
 Register: 848-2550
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

St. Clair Street Senior Center offers a variety of services, programs, and activities for individuals age 60 and over. The Center is open weekdays 8 a.m. to 4:30 p.m. and Saturdays 12:30 to 3:30 p.m. and special occasions. Phone: 848-2550



St. Clair Classics

Enjoy an evening of dancing and music. In September: the Bill Sleeter Trio; in October: the Chessmen; and in November the Debbie Bailes Trio. Admission is \$5.00 per person at the door. For more information, call Yvonne Jones, 896-6050 or Gladys and Art Paradis at 895-7867.

Ages: 60+
 Dates: September 18, 2009, Friday
 October 17, 2009, Saturday
 November 13, 2009, Friday
 Times: 7:00 to 10:00 pm
 Location: St. Clair Street Senior Center
 Fee: \$5.00 per person at the door
 Contact: Yvonne Jones, 896-6050, or Gladys and Art Paradis at 895-7867

Halloween Party and Ghost Bingo

Dress up or not; join us to celebrate Halloween. Cosponsored by MPRD and St. Clair Street Senior Center. Please make reservations by calling 848-2550. Space is limited.

Ages: 60+
 Date: October 30, 2009
 Day: Friday
 Time: 9:00 to 11:00 a.m.
 Register: 848-2550
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 893-2141; msewell@murfreesborotn.gov or Lisa Foster; 848-2550; lfoster@murfreesborotn.gov

Potluck & Bingo

It's potluck for dinner. MPRD furnishes the meat, and seniors provide the sides. Dinner begins at 5:30 p.m.; Bingo begins at 6:35 p.m.

Ages: 60+
 Date: November 19, 2009
 Day: Thursday
 Time: 5:30 to 8:00 p.m.
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Admission: Wrapped Bingo prize (valued under \$10.00) and salad, vegetable, dessert, or fruit to serve 10 people
 Register: 848-2550
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Seniors Crafting

Try something new. In October we will make bags from t-shirts; In November we will enamel with Terry Womack; All supplies will furnished except for a youth size t-shirt for October's class. Registration begins the first working day of each month at St. Clair Street Senior Center.

Age(s): 60+
 Dates: October 12, November 16, 2009
 Day: Mondays
 Times: 1:00 to 4:00 pm
 Location: St. Clair Street Senior Center
 Fee: None
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Beginning Weaving - 8 Week Session

Learn the basics of weaving on a rigid or single harness loom. Equipment & supplies furnished. Class is limited to 6 participants.

Ages: 60+
 Date: October 2, 9, 16, 30, November 6, 13, 20, 2009
 Day: Fridays
 Time: 1:30 - 4:00 pm
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov



Columbus Day Family Float

In 1492 Columbus sailed the ocean blue...celebrate by paddling in the Stones River! Canoes or kayaks and lifejackets are provided. Just bring a sack lunch. No experience required.

Ages: All ages - children under 18 must be accompanied by an adult
 Date: Monday, October 12
 Time: 10:30 a.m. to 1:30 p.m.
 Location: TBA, depends on water levels
 Fee: \$8 each. Registration is required by Wednesday, October 7th.
 Contact: Angela Jackson at 893-2141, or ajackson@murfreesborotn.gov

Homeschool in the Wilderness

Supplement your home schooler's science curriculum with this in-depth, 8 month program. We will explore a new topic each month through hands-on experiments, live observations, interpretive hikes and group discoveries. Registration begins September 1, 2009. Limited spaces will be available, so register early!

Ages: 8 - 10 years
 Dates: September 24, 2009 - May 20, 2010
 Days: Last Thursday of the month
 Time: 9:00 a.m. - 12:00 noon
 Location: Wilderness Station
 Fee: \$30.00 for 8-month program
 Contact: Registration is required. For questions or to register call Rachel Singer at 893-2141 or rsinger@murfreesborotn.gov

The Rock-Hop Rhythm Band!

Sing, stomp and clap! March, dance and drum! Can you hear it? It's the music of the future! Ms. Deb and her green guitar will lead rhythm activities, creative play and outdoor fun, all based loosely around nature themes and wildlife. A variety of "instruments," including recycled items and items from the wild will add to the fun.

Ages: 1-5 yrs. with adult
 Day: Tuesdays
 Times: 10:30 a.m. (Call on Monday before for reservations.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Deborah Paschall, 217-3017 - Registration required

Wild Things

Frogs, birds and bugs...oh my! Salamanders, snakes and squirrels that fly! Toddlers learn to play and sing, and take home crafts with nature themes. Adventures made one-size-fits-all...so tots and parents can have a ball! (Wild Things is an Award-Winning toddler adventure program now in its 9th year!)

Ages: 1-5 yrs. with adult
 Day: Wednesdays
 Times: 9:30 a.m. & 10:30 a.m. (Call on Tuesday before for reservations.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Deborah Paschall, 217-3017 - Registration required



Strollercoaster Mom's Group

Use your baby's stroller as portable equipment while we power walk on the Greenway for an hour. Then join us for an optional "Stay and Play" for the kids to have a little non-stroller time. Enjoy meeting other moms and get in shape while exploring Murfreesboro and spending time with your child! Anyone can join in at anytime. No membership or registration is necessary!

Ages: 0 – 5 years and adults

Time: 9 a.m. – 10 a.m. to walk, then stay and play until 10:30 or so

Fee: Free

Contact: Angela Jackson at 893-2141, or ajackson@murfreesborotn.gov

In inclement weather, call 890-5333 for cancellation information.

Thursday	*Location	Stay and Play
Sept. 3	General Bragg Trailhead	playground
Sept. 10	Barfield Crescent Park, Shelter #4	playground
Sept. 17	Old Fort Park, meet behind Kid's Castle	playground
Sept. 24	Thompson Lane Trailhead	play equip. provided
Oct. 1	College Street Trailhead	playground
Oct. 8	Cannonsburgh Trailhead	explore the village
Oct. 15	Cason Trailhead	playground
Oct. 22	Murfree Spring Wetland (at Discovery Center)	playground or museum
Oct. 29	Old Fort Park, Overall Street Trailhead	playground
Nov. 5	Barfield Crescent Park, Wilderness Station	meet/greet the critters
Nov. 12	General Bragg Trailhead	playground
Nov. 19	Thompson Lane Trailhead	Lunch together, TBA

*Find addresses and map-links for each location at www.murfreesborotn.gov/parks

Wilderness Awareness Workshop

This program is required prior to camping at the Barfield Park Campground. This fun, light-hearted presentation is designed to include the entire family (even the itty bitty tykes!) through simple participation games. The campground etiquette and Leave No Trace outdoor ethics described are practiced nationally. Please call to schedule a date for your group or family.



got bugs?

Join the ARTHROPOD SQUAD a.k.a. BUG CLUB! Fall is here! Join us on a bug hunt to compare what bugs are here compared to last month! What new bugs have appeared or which bugs are gone and perhaps why? Explore the fall garden and trails with us to discover what the insects do, and where do they go, in the fall and winter! Note: No POD SQUAD in Nov, Dec, Jan, and Feb...but study up at home and tell us what you've learned at the March Pod Squad Meeting. (This may be an indoor event due to outdoor temperatures.) If you would like a email mini-newsletter of insect and critter happenings, activities for home, volunteer projects around town, etc., please visit www.murfreesborotn.gov/parks and click on our email list to be added to the POD SQUAD "News and Clues" list!



Meet 3rd Saturday
10a.m.
each month!

Bug Club

Wilderness
Station



Fireside Adventure (New Later Time!)

Meander along to the campfire where yummy treats await! Listen, look, and explore. Ask yourself what is the wildlife doing now that it's fall? We'll find out whoooo's out there by calling the neighborhood owls. (They've been chatting all summer!) It's a hoot!

We bring the treats and you bring your drink!

Ages: All
 Dates: Fridays – September 18, October 16, and November 6
 Saturday – December 5
 Time: 6:30 – 8:30 p.m.
 Location: Meet at the Wilderness Station.
 The campfire ring is a 1-mile walk (one-way) on a paved trail.
 Fee: \$3.00 per person
 Contact: The Wilderness Station, 217-3017 – Registration required.

Backcountry Camping at Barfield Park

Pack lightly! It's a hike into the campground and a perfect distance to experience backpacking for the first time (or for a 100th time)!

A quick one-night outing! Little gear is needed! Tents (2-person & 4-person), ground cloths, sleeping pads and backpacks (available in both youth and adult sizes) are available by request when registering to camp. Call for further details.

Ages: All
 Dates: Friday – October 2, Family Camping
 Friday – November 13, Family Camping
 Saturday – October 3, Group Camping
 Saturday – November 14, Group Camping
 Time: Check-in begins at 3 p.m.
 Location: Wilderness Station – Barfield Park Campground
 Fee: \$5.00 per person.
 Contact: The Wilderness Station, 217-3017 – Registration required.



GLOBE: Water Monitoring

Global Learning and Observations to Benefit the Environment (GLOBE) is a hands-on international environmental science and education program. GLOBE links students, teachers, citizens, and the scientific community in an effort to learn more about our environment through citizen data collection and observation. Join our trained staff as we monitor the Stones River throughout the year and help contribute to this international data base.

Ages: 6 and up
 Date: November 20, 2009
 Time: 12 p.m. – 3 p.m.
 Location: West Fork of the Stones River at Barfield Crescent Park – meet at the Wilderness Station (1 mile hike each way is included)
 Date: November 21, 2009
 Time: 10 a.m. – 12 p.m.
 Location: Lytle Creek on the Greenway – meet at the Overall Street Trailhead in Old Fort Park
 Fee: Free
 Contact: Rachel Singer 893-2141 or rsinger@murfreesborotn.gov

Teachers, Homeschoolers & Scouts

Field Trips and Field Studies for your group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements. Contact Rachel Singer for a complete list of programs and locations at 893-2141 or rsinger@murfreesborotn.gov or check out our website at www.murfreesborotn.gov/parks under Greenway & Wetlands or Wilderness Station.



Murfreesboro's Greenway and Wetlands Need Your Help!

Protect and preserve the natural and historical resources of our greenways, wetlands, and parks through volunteer service. Volunteer your group, club, or scout troop for a day of service learning in one or more of the following areas:

Invasive/Exotic Plant Removal
Planting Native Plants
River Cleanups
Streambank Restoration

Additional personal interest ideas are welcome! For further information and scheduling options, please contact Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov.



Old Fort Park Concessions

Drinks, Snacks, Ice Cream, Tennis Balls, Frisbees, Kites, and more!

Bike Rental:

Rent a bike to ride the greenway! Driver's license needed for sign-out.
 Coaster and children's bikes: \$5 per day
 Recumbent Trikes: \$10 per day

Nature Backpacks:

BIRDS, TREES, INSECTS, WILDFLOWERS, & MISC. Each pack includes activities and materials to use on the greenway and for follow-up activities at home. Free! Driver's license needed for sign-out.

Tennis Racquet Rentals:

\$2 per racquet

Games:

Borrow a game to play at Old Fort Park! Volleyball, horseshoes, bocce, kickball, whiffleball, chess, checkers, and more. Free! Driver's license needed for sign-out.

Now offering an expanded menu

- Corn Dogs
- Pizza
- Hand Dipped Purity Ice Cream
- Bagged Ice
- Drinks
- Snacks
- Icees

Fall Hours:

September 1 - October 18:
 M-F 12:00- 6:00 p.m.
 Sat. 10:00 a.m. - 6:00 p.m.
 Sun 1:00 - 6:00 p.m.

Party in the Park!

Let us help you with your next birthday party! We will provide cake, ice cream, drinks, party favors, and matching plates and napkins. We can even do lunch! Call the Old Fort Concession Stand for more information and pricing or email: rsinger@murfreesborotn.gov.

Information: 867-7745

PATTERSON GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Cardio Blast 8:30 - 9:30a.m.	Pilates 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Saturday Surprise 9:00 - 10:00a.m.
	Zumba 4:30 - 5:30p.m.		Step-n-Sculpt 4:30 - 5:30p.m.	Zumba 4:30 - 6:00p.m.	
Step-n-Sculpt 5:30 - 6:30p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Body Sculpt 5:30 - 6:30p.m.	Cardio Blast 5:30 - 6:30p.m.		
Yoga 6:30 - 7:30p.m.	Step-n-Sculpt 6:30 - 7:30p.m.	Yoga 6:30 - 7:30p.m.	Zumba 6:30 - 7:30p.m.		

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

Have fun while giving your heart a great workout then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



SPORTS*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Tai Chi 7:00-7:45a.m.		Tai Chi 7:00-7:45a.m.			
Yoga 8:00 - 9:00a.m.	Core Energy 8:00 - 9:00a.m.	B-B-C 8:00 - 9:00a.m.	Core Energy 8:00 - 9:00a.m.	B-B-C 8:00 - 9:00a.m.	Step/Tone 8:30 - 9:30a.m.	
Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro-Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro-Fit 9:15-10:00a.m.		
						B-B-C 1:30 - 2:30p.m.
Step/Tone 5:00 - 6:00p.m.	Step/Tone 5:00 - 6:00p.m.	Zumba 5:00 - 6:00p.m.	Step/Tone 5:00 - 6:00p.m.	Step 5:30 - 6:30p.m.		
Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.	Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.			
	Zumba 7:15-8:15p.m.					

Brick-Body-Circuit (B-B-C)

An intense cardio and weight training class! Burn calories, build muscle and have FUN using interval circuits. A total body workout that delivers results!

Core Energy

Use fluid moves, static holds and muscular contractions to strengthen the muscles of your torso (abs, back, and waist), hips and legs.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular classes. Perfect for older clientele and beginners alike. Basic moves focusing on strength and flexibility.

Step & Step/Tone

Consists of basic and not-so-basic step moves designed to give all fitness levels a heart-pounding workout. May include additional toning and abdominal exercises.

Total Body

Nonstop workout, that uses dumbbells, a body bar, balls, steps, and even your own body weight to help you develop the lean muscle tissue you need for a toned body.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



Holiday Hold

Can you make it through the holidays without putting on the dreaded "holiday 10 (or more)" pounds? We'll reward you if you do. Sign up, weigh-in and measure- in October 19 through 23. Take your post measurements Jan. 4 through 8. Keep your weight within 5 lbs and your waist within one inch until Jan. and you will win a prize.

Ages: 18 and up
 Date: Oct. 19-23: Pre-measurements; Jan. 4-8: Post-measurements
 Day: Workouts and activities done on own
 Location: Sports*Com
 Fee: FREE (you must pay normal facility fees for any activities)
 Contact: Allison Davidson, 895-5040

Patterson Indoor Sprint Triathlon IV

Have you ever wanted to compete in a Triathlon? Come to Patterson Park Community Center and compete in our fifth annual indoor sprint triathlon. Participants will swim .5 mile in our indoor pool, bike 12 miles on a stationary bike, and run 3 miles on our indoor track. Competitors will be racing against the clock as well as other contestants' times. There will be a staggered start and each individual will be timed during the entire event (including transition). The overall winner will be announced at the end of the event. Space is limited. Register now!

Ages: 16 and up
 Date: November 14
 Time: 1st group begins at 8:30am
 Location: PPCC Pool and Track
 Fee: \$20
 Contact: Chad Hill, CSCS, 893-7439 or chill@murfreesborotn.gov

Marathon Training

Are you tired of training alone? Do you need motivation to finish the last month of training for the Murfreesboro Half Marathon? There's still time to join us on our weekly runs! **Ability to run 3 miles mandatory **

Age: Adult
 Day: Monday, Wednesday, Friday & Saturday
 Time: 6:15am -7:00am
 Location: SportsCom Lobby - Monday, Wednesday, & Friday
 Greenway - Saturday
 Fee: Free. Registration is required.
 Contact: Please call Jennifer Joines - 615-895-5040 or jjoines@murfreesborotn.gov

ATTENTION: VOLUNTEERS NEEDED FOR HALF MARATHON

We need your help! Support your fellow 'Boro citizens as they run/walk the scenic half marathon course on Saturday, October 3. Visit www.middlehalf.com for volunteer sign-up information!

Healthy Holiday Planning

Enjoy an evening of instruction on preparing lite Holiday favorites. Learn how to stay healthy during the holidays with tips on healthy desserts and general healthy food preparation.

Ages: Adult
 Date: Tuesday, November 3, 2009
 Time: 7:00pm
 Location: SportsCom Meeting Room
 Fee: Free. Registration is required.
 Contact: Please call Jennifer Joines - 615-895-5040 or jjoines@murfreesborotn.gov

Detroit Hustle Dance

Learn the Electric Slide, Chicago stepping, Casper Slide, The Cha Cha and many other dances. No partners needed. A great cardio workout and a great way to improve your fitness level. This class is for anyone who is looking to have fun while improving your health.

Ages: All
 Time: PCC: Monday and Wednesday 10:30 am-12:30 pm
 PCC: Monday evenings 7:30 pm-8:30 pm, Friday 6:00 pm-8:00 pm
 Location: PPCC Exercise Studio
 Fee: \$20 monthly or \$5 drop in
 Contact: MJ Hollins @ 848-6771

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up
 Time: PCC: Friday 7:00 am-8:00 am, Saturday 12:30 pm- 1:00 pm
 S*C: Thursdays, 5:30-6:45p.m.
 Location: Patterson Park & Sports*Com
 Fee: Contact Bret Hawkins
 Contact: Bret Hawkins @ 895-4932

Four-Week Fitness Boot Camp

If you are looking for a challenging workout? Each class will consist of a 10-minute warm-up, 20 minutes of cardio, 20 minutes of core and strength training using partners, bands, body weight, and a 10-minute cool down and stretch period. Work at your own pace for different levels of difficulty. Participants must fill out a Par-Q and sign a release form. A doctor's release may be required. Preregistration is required.

Ages: 16 & up
 Dates: September 28-October 23, 2009
 Days: Monday, Wednesday, Friday
 Time: 5:30pm - 6:30pm
 Location: Patterson Park (outside) (inside during inclement weather)
 Fee: \$50.00
 Contact: Chad Hill, C.S.C.S @ 893-7439, chill@murfreesborotn.gov

Wellness Services

Patterson & Sports*Com Wellness Services & Personal Training

Fitness Assessment - \$25.00

This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory.

Cholesterol Testing - Call for Fee Info

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is only available at Sports*Com.

Personal Training

Accredited personal trainers will create an individually tailored workout schedule.

1 hour session	\$35.00
4 -1 hour sessions	\$120.00
8 -1 hour sessions	\$220.00
12 -1 hour sessions	\$300.00
15 -1 hour sessions	\$350.00

Fitness Assessments

What is a Fitness Assessment?

A fitness assessment consists of a complete Medical/Health History screening and a 45-60 minute battery of tests including: Resting heart rate, blood pressure, body composition, cardiovascular endurance, muscular strength, muscular endurance and flexibility testing. Individuals who wish to participate in a fitness assessment must make an appointment at least 24 hours prior to testing. Cost is \$25. Stop by the Wellness Centers or call Patterson at 893-7439 or Sports*Com at 895-5040.

What is the purpose?

- Provides information about your baseline fitness level and allows for comparisons to standardized norms to individuals of the same age and gender.
- Allows a fitness instructor to develop an exercise program to fit your needs based on the fitness assessment results.
- Motivates you to stick with the training program and allows for future retesting to measure improvement.
- The Health History screening is designed to identify any health/medical concerns which require a physician's clearance prior to starting a regular exercise program.
- Allows a fitness instructor to design a safe and effective exercise program based on your specific needs.

Our staff is
ready to help
YOU!



Call Today!

Patterson - 893-7439

Sports*Com - 895-5040

Old Scream Road
October 21-24, 2009 - Starts at Dark
Ages 9 & Older - \$5.00



Barfield Halloween Bash

Carnival & Not-So-Haunted Hayride

October 23-24, 2009 - 5-9pm - All Ages

Hayride \$3.00 / Carnival Tickets \$0.50 each

Barfield Crescent Park

